

IRAN

Mahi Shekampur (Stuffed Fish -Persian Style)



Ingredients:

Rainbow trout or carp: 1 large

Northern aromatic herbs (Khola, Chochagh, parsley, cilantro, mint): 300 g

Walnuts: ½ cup, chopped

Pomegranate paste: 3 tablespoons

Garlic: 5 cloves, chopped

Salt, black pepper, turmeric: to taste

Instructions:

Finely chop the herbs and mix them with walnuts, garlic, and pomegranate paste.

Clean and gut the fish, then stuff the mixture inside the cavity.

Cook the fish either in a preheated oven at 180°C (350°F) for 30–40 minutes, or pan-fry over low heat with a little oil until fully cooked.